

Would You Like To Become Pregnant In The Next Year?®

A Guide to Pregnancy & Birth Control
Resources in Coos County



One Key Question® Initiative (OKQ)

The One Key Question® Initiative (OKQ) is the Oregon Foundation for Reproductive Health's groundbreaking yet simple solution to making Oregon women and families healthier and ensuring that more pregnancies are *wanted, planned, and as healthy as possible*. OKQ encourages all primary care providers to routinely ask patients about their reproductive health needs and has been endorsed by 30 professional organizations and associations across Oregon and the country.

By asking women, "*Would you like to become pregnant in the next year?*" primary care clinicians can more fully support their patient's preventive reproductive health needs, such as preventing an unintended pregnancy or preparing for a healthy pregnancy.

Contact us for more information: info@onekeyquestion.org

WHY THIS GUIDE:

This guide includes information about community resources on health before pregnancy, pregnancy care and birth control options. It has been designed to help patients and providers get facts and information around these topics as well as all community resources available in Coos County. It was also created so that all the information needed is in one booklet instead of many of different pamphlets. The information in the booklet was selected after we surveyed over 100 women and providers and asked them what topics would be most important to include in this booklet.

GUIDE ORGANIZATION:

The guide is organized by color. Information about care during and prior to pregnancy can be found under the orange color. Birth control options can be found under the green color and extra community resources can be found under the blue color.

DISCLAIMER:

Please note, we recognize that the information provided in this booklet may include gendered language. We have included it here because the facts presented come from reputable agencies who used gendered language in their resources that we gathered to create this content.

Coos Health & Wellness expresses support for parents of all gender identities and all family structures.



Summary of Contents

Before & During Pregnancy

Vitamins & Folic Acid.....	4
Nutrition.....	6
Medications (including over-the-counter).....	10
Pregnancy Visits.....	12
Depression After Delivery.....	14
Exercise & Healthy Weight Gain.....	16
Immunizations.....	18
Breastfeeding.....	22
Oral Health.....	24
Sexually Transmitted Infections/Diseases.....	26
Alcohol, Marijuana and Drug Use.....	30
Smoking & Vaping/E-Cigarettes.....	32
Quit Smoking.....	34
Domestic Abuse/Intimate Partner Violence.....	36

Birth Control

Birth Control Options.....	38
How Well Does Birth Control Work?.....	40

Additional Resources

Community Resources.....	42
--------------------------	----

Vitamins & Folic Acid



It is important to receive at least **400 micrograms** of folic acid every day, before conception and throughout pregnancy.

Why is folic acid important in pregnancy?

Folic acid can help prevent birth defects of the brain and spine including anencephaly, which is when a baby is born without parts of their brain and skull. Folic acid can decrease the risk of preterm birth and can help prevent spina bifida, which is a defect of the spine.

DID YOU KNOW?

- Even if you eat a healthy diet, you can miss out on crucial nutrients that you and your baby will need.
- Taking a daily prenatal vitamin — ***ideally starting at least 3 months before conception*** — can help fill any gaps.
- All who want to become or are pregnant should take a daily vitamin that contains at least 400mcg of folic acid.

How can you get enough folic acid?

- Vitamins with folic acid; you can buy these over-the-counter at the grocery store or through a prescription from your health care provider.
- Eat foods that are high in folic acid, including:
 - ◆ Beans, peas and lentils
 - ◆ Oranges and orange juice
 - ◆ Asparagus and broccoli
 - ◆ Dark green leafy vegetables
(*like spinach and mustard greens*)

Nutrition

Nutrition* is important to help promote **healthy baby growth.**

FOLIC ACID helps prevent birth defects (400-1,000mcg each day, before conception and throughout pregnancy.)

- **Good sources:** Beans, peas, lentils, oranges, orange juice, asparagus, broccoli, and dark leafy vegetables including spinach and mustard greens.

CALCIUM strengthens bones and teeth and also helps your circulatory, muscular, and nervous systems run normally* (You need 1,000-1,300mg a day.)

- **Good sources:** Dairy products including milk, yogurt and cheese. If you have trouble digesting milk products, you can get calcium from other sources: broccoli; any dark, leafy greens; sardines; calcium-fortified fruit juices or breakfast cereals.

PROTEIN promotes growth (You need 71 grams a day)

- **Good sources:** Lean meat, poultry, fish, eggs, beans, peas, nuts, seeds and soy products.

IRON helps to prevent low iron level anemia and make more blood to supply oxygen to your baby (You need 27g a day)

- Iron from lean red meat, poultry, and fish is most easily absorbed in the body.
- To enhance absorption of iron from plant sources like iron-fortified breakfast cereals, beans, and vegetables- pair them with a drink or food high in Vitamin C, like orange juice, tomatoes, or strawberries.

CARBOHYDRATES are broken down into glucose, which is the body's main fuel.

- **Good sources:** Sources of fiber and carbohydrates include fruits, vegetables and whole-grain products.

FATS give you energy and help build the placenta and many of your baby's organs.

- Omega 3 fatty acids are a type of fat found naturally in many kinds of fish that impact the baby's brain development before and after birth.
- To get the most benefits, you should eat at least 2 servings per week before and during pregnancy, and during breast-feeding.
- **Good sources:** Fatty fish such as salmon, walnuts, chia and flax seeds and fish oil supplements.

SUPPLEMENTS — Your health care provider might recommend special supplements if you follow a strict vegetarian diet or have a chronic health condition. If you're considering taking an herbal supplement during pregnancy, consult your health care provider first, as some herbal supplements might be harmful to your pregnancy.

- **VITAMIN D** helps build your baby's bones and teeth.
- **Good sources:** Fatty fish such as salmon. Other options include fortified milk and orange juice. Exposure to sunlight also converts a chemical in the skin to vitamin D.

*Mayo Clinic. (2017, February 15). Pregnancy diet: Focus on these essential nutrients. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082?pg=1>

Nutrition

During pregnancy you only need an **additional 300 extra calories*** a day to support the baby. If you are carrying **twins** you will need an **additional 600 extra calories** a day.

Emergency Food Community Resources

BANDON

Bandon Restoration Worship Center

4th Thursday, 4-6pm
89 North Ave NE, Bandon
(541) 347-4900 x3

Bandon Good Neighbors

2nd Tuesday, 9am-12pm
1100 11th St. SW, Bandon
(541) 347-3268 or
(541) 347-3573

CHARLESTON

Charleston Food Pantry

Wednesdays, 10am-1 pm
63081 Crown Point Rd.,
Charleston
(541) 756-4920

COOS BAY

Coos Bay SDA Food Pantry

Tuesdays, 9:30am-noon
2175 Newmark Ave., Coos Bay
(541) 756-7413

Coos Food Cupboard

Mon/Wed/Fri, Noon-2pm
370 Market St. Coos Bay
(541) 269-5829

Salvation Army

Tues, Wed, Thurs 9:30-11am
1155 Flanagan Ave. Coos Bay
(541) 888-5202

ORCCA Veggie Rx

Wed & Fri, 9:30am-5pm
1855 Thomas Ave. Coos Bay
(541) 435-7080

COQUILLE

Bear Cupboard

1st Tuesday 4-6 pm

All other Tuesdays, 11am-1pm

790 W 17th St., Coquille

(541) 297-7676

NORTH BEND

North Bend

Presbyterian Church

Mon. & Wed, 9:30am-12pm

2238 Pony Creek Rd, North Bend

(541) 756-4155

MYRTLE POINT

Myrtle Point Food Pantry

1st & 3rd Thursdays, 10am-2pm

1320 Maryland Ave., Myrtle Point

(541) 599-0341

POWERS

Powers Food Pantry

1st & 3rd Wednesdays, times vary

620 1st Ave., Powers



*The American College of Obstetricians and Gynecologists. (n.d.). Nutrition During Pregnancy.

Retrieved from <https://www.acog.org/-/media/Womens-Health/nutrition-in-pregnancy.pdf>

Medications



If you are planning on becoming pregnant or are pregnant, it is important to talk to your doctor **before starting or stopping ANY medication** (*including over-the-counter medications and/or supplements*) during pregnancy.

There are some medications that are **harmful to an unborn baby**, so it is very important to talk to your provider about all of your medications.



Pregnancy Visits

Early pregnancy care, also called **prenatal care**,* is important for the health of you and your baby.

It is important to keep scheduled pregnancy visits to make sure your baby is healthy and growing. Prenatal care can help prevent problems during pregnancy and can help identify risk factors. For the health of you and your baby, it is important to call your health care provider as soon as you think you may be pregnant.

For a healthy pregnancy the recommended guideline of how often your visits are is listed below.

- **Before 28 weeks: 1 prenatal visit a month**
- **Weeks 28 to 36: 1 prenatal visit every 2 weeks**
- **Weeks 36 to birth: 1 prenatal visit every week**

The above is a recommended guideline. Your doctor or midwife will make it specific to you and your baby.

*National Institute of Health. (n.d.). What happens during prenatal visits? Retrieved from <https://www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo/pages/prenatal-visits.aspx>





Pregnancy Care and After Delivery Community Resources

- **MOMS Program (Management of Maternity Services)**

Bay Area Hospital's Family Birth Center
1775 Thompson Rd, Coos Bay
(541) 269-8258

Services are free of charge and include: Prenatal class registration, healthy pregnancy information and support, information about birthing options, after-baby follow-up visit and breastfeeding support.

- **Women, Infant and Children (WIC)**

Coos Health and Wellness
281 LaClair Street, Coos Bay
(541) 266-6705

Services include; nutrition education, healthy foods, breastfeeding support, and referral services.

Local Area Doulas

- **Natasha Cox**

(541) 808-5919
www.motherrisingdoula.com

- **Dani Goette**

(541) 260-4433
www.tranquilwatersbirthsupport.com

Depression After Delivery

Depression is **very common** and **treatment is available**. Your body and mind go through many changes during and after pregnancy. If you feel empty, emotionless, or sad all or most of the time for longer than 2 weeks during or after pregnancy, reach out for help. If you feel like you don't love or care for your baby, you might have postpartum depression. Postpartum depression occurs in **1 in 9** women.

Symptoms of postpartum depression include:

- Crying more than usual
- Anger
- Withdrawing from loved ones
- Feeling numb or disconnected from baby
- Worrying that you might hurt the baby
- Feeling like you are not a good mom

Depression is treatable.

Treatment for depression, such as therapy or medicine, works and will help you and your baby be as healthy as possible in the future.

If you think you might be depressed talk to your health care provider or OB/GYN.



Depression Resources

- **Bay Clinic**
1750 Thompson Rd, Coos Bay
(541) 269-0333
- **Coast Community Health Center**
1010 1st St SE #110, Bandon
(541) 347-2529
- **Coos Health and Wellness**
Mental Health Services
281 LaClair Street, Coos Bay
(541) 751-2400
- **Marshfield School-Based Health Center**
826 S 11th Street, Coos Bay
(541) 756-6232
- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151
- **Waterfall Community Health Center**
1890 Waite Street, North Bend
(541) 756-6232

Exercise & Weight Gain

Physical activity throughout pregnancy is **important to stay healthy.**

It is important to discuss with your health care provider before starting a new exercise program. It is also important to discuss how much activity to do at each stage of pregnancy.

When pregnant, you should get at least 150 minutes of moderate-intensity aerobic activity every week.* (examples: brisk walking, gardening, water aerobics, doubles tennis, dancing)

Your body will change and adapt as your baby grows during pregnancy. **Healthy weight gain** during pregnancy is based off of your Body Mass Index (BMI) score **before** you became pregnant.

Below is the recommended weight to gain during pregnancy.

BEFORE PREGNANCY IF YOU WERE:

- **Underweight** (BMI less than 18.5)
You should gain 28-40 pounds.
- **Normal Weight** (BMI of 18.5-24.9)
You should gain 25-35 pounds.
- **Overweight** (BMI 25.0-29.9)
You should gain 15-25 pounds.
- **Obese** (BMI of 30 or above)
You should gain 11-20 pounds.

*<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>



Gestational Diabetes

Gestational Diabetes (GD) is a type of diabetes that is first seen in a pregnant person who did not have diabetes prior to pregnancy. GD is caused by hormones produced during pregnancy that can interfere with insulin, which is a hormone that keeps blood sugar in normal range. When the body is unable to produce more insulin to regulate blood sugar, blood sugar levels go up, which leads to GD. If untreated, this extra sugar can pass to the baby, which can cause weight gain in the baby- which can lead to delivery complications.

Who is at risk for GD?

GD can occur in people with no risk factors, but it is not as likely. GD is more likely if you:

- Are overweight or obese
- Are physically inactive
- Had GD in a previous pregnancy
- Had a very large baby (9 pounds or more) in a previous pregnancy
- Have high blood pressure
- Have a history of heart disease
- Are of African American, Asian American, Hispanic, Native American, or Pacific Islander background

Screening usually takes place between 24th and 28th week of pregnancy. GD can often be controlled through healthy eating and regular exercise, though some may also need to take insulin.



Scan this QR code to read a Gestational Diabetes Guide from the CDC.

Immunizations



Vaccines or shots can **help protect** yourself and baby against serious diseases.

It is recommended that all who are pregnant receive a whooping cough (pertussis) and the flu vaccine during each pregnancy.

Why do I need vaccines during pregnancy?

- The pertussis vaccine helps prevent whooping cough in your infant.
- The flu vaccine helps prevent getting the flu.

Before you plan to become pregnant it is important to be **up-to-date** with all vaccines.

Where can I get a vaccine?

You can also receive vaccines from your local pharmacy.

- **Bay Clinic**
1750 Thompson Rd, Coos Bay
(541) 269-0333
- **Coast Community Health Center**
1010 1st St SE #110, Bandon
(541) 347-2529
- **Coos Health and Wellness**
Public Health Clinic
281 LaClair Street, Coos Bay
(541) 751-2400
- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151
- **Waterfall Community Health Center**
1890 Waite Street, North Bend
(541) 756-6232

Immunizations

Disease	Vaccine	Disease spread by
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact
Hib	Hib vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact
Measles	MMR** vaccine protects against measles.	Air, direct contact
Mumps	MMR** vaccine protects against mumps.	Air, direct contact
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth
Pneumococcal	PCV vaccine protects against pneumococcus.	Air, direct contact
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth
Rubella	MMR** vaccine protects against rubella.	Air, direct contact
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin

* DTaP combines protection against diphtheria, tetanus, and pertussis.

Disease symptoms	Disease complications
Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

** MMR combines protection against measles, mumps, and rubella.

Breastfeeding



Breastfeeding has **many health benefits** for both you and baby.*

- Breast milk gives infants all the nutrients they need for healthy development.
- It is safe and contains antibodies to help protect infants against childhood illnesses.
- Breast milk is free.
- People who breastfeed have lower risks of breast and ovarian cancer.
- People who breastfeed also have lower risks of developing type II diabetes and postpartum depression.

Babies who are fed formula tend to require more doctor visits, hospitalizations, and prescriptions. It is recommended that if you plan to breastfeed, feed nothing but breast milk for about 6 months and preferably up to a year. For the best health outcomes after 6 months of age, infants should receive complementary foods with continued breastfeeding up to two years of age or older.

Breastfeeding Community Resources

- **The Lactation Club**
(541) 266-6705
The Lactation Club meets last Thursday of every month at Coos Health & Wellness, 281 LaClair St., Coos Bay
Breastfeeding Education Session: 10:30-11:15am, 4:30-5:15pm
Breastfeeding Support Group: 11:15am-Noon, 5:15-6pm
- **MOMs Program (Management of Maternity Services)**
1775 Thompson Rd, Coos Bay
(541) 269-8111
- **Women, Infant and Children (WIC)**
Coos Health and Wellness
281 LaClair Street, Coos Bay
(541) 266-6705



Download
Breastfeeding
Basics Booklet

*World Health Organization. (n.d.). 10 facts on breastfeeding. Retrieved July, 2015, from <http://www.who.int/features/factfiles/breastfeeding/en/>

Dental disease can **easily be transferred** from parents to their babies.*

How is tooth decay transferred?

- Tooth decay is often caused by a type of bacteria, called *Streptococcus mutans* (S.mutans). Everyone has this bacteria in their mouth.
- The bacteria forms plaque, which creates an acid that dissolves the minerals that make your tooth enamel hard. It causes the tiny holes in the enamel to get bigger until one large hole appears, this is a cavity.
- S. mutans bacteria are transferred from primary care giver (*usually the birthing parent*) to the child through contact with saliva.
- If this bacteria is transmitted to the baby while the baby's immune system is still being developed (*within the first six months*) the baby's immune system may recognize this high count of bacteria as normal and not build defenses to fight it.
- This may cause rampant decay of the teeth, which can result in hospitalization, unnecessary costs and may cause the child to fear future visits to the dentist.

How can you stop the cycle of tooth decay?

- Visit the dentist during pregnancy to get teeth cleaned.
- Use any brand of fluoridated toothpaste to brush teeth twice per day. (*Do not rinse your mouth, just spit out excess toothpaste. Do not eat or drink afterward.*)
- *Find a List of Local Dental Providers on page 43.*

*Advantage Dental. (n.d.). Early Childhood Caries Prevention Protocol [Brochure]



STIs and Pregnancy



If you are pregnant **you can get the same sexually transmitted infections (STI)** as people who are not pregnant.

- If you are planning on becoming pregnant or are pregnant you should ask your doctor about being **tested** for sexually transmitted infections.
- STIs can affect you and your unborn baby.
- To prevent STIs it is important to **use condoms every time** you have sex.

All STIs are harmful to you but some are **extremely harmful** to your baby. These include the following:

CONGENITAL SYPHILIS occurs when a person with syphilis passes the infection to their baby during pregnancy. Syphilis can have major health impacts on your baby. Some of these include:

- Miscarriage (losing the baby while you're pregnant)
- Stillbirth (your baby born dead)
- Premature (your baby born early)
- Low birth weight
- Death of your baby after birth

STIs and Pregnancy

HIV/AIDS transmission can happen from pregnant parent to child.

- It can happen anytime during pregnancy, labor, delivery, and breastfeeding.
- Any person who plans to become pregnant should be tested for HIV.
- Early diagnosis and treatment can help HIV medications in preventing transmission and improving the health outcomes of both mother and child.
- If a person takes their HIV medication as prescribed, the risk of transmitting HIV to their infant is less than 1%. In some cases a cesarean section (C-Section) can prevent HIV transmission.
- After the baby is born HIV transmission can be prevented by not breastfeeding or pre-chewing baby's food.

HEPATITIS B is an infection that can cause serious risk to your baby.

- Without medication after birth approximately 40% of infants born to a hepatitis B infected parent will develop chronic hepatitis B infections.
- 1 out of 4 of these babies will die from liver disease.
- A vaccine given to the infant before 12 hours after birth can help prevent Hepatitis B.
- If you are pregnant or planning to become pregnant ask your doctor about getting tested for hepatitis B.

ZIKA virus can be passed from a pregnant parent to their baby.

- It is spread through infected mosquitoes or through sex with somebody who is infected with Zika.
- There is no vaccine or medication to treat Zika.
- Infections with Zika virus during pregnancy can cause a birth defect called microcephaly where a baby's head is smaller than expected and other brain defects.



Be Safe, Be Protected

Where Can I Get Tested?

- **Bay Clinic**
1750 Thompson Rd, Coos Bay
(541) 269-0333
- **Coast Community Health Center**
1010 1st St SE #110, Bandon
(541) 347-2529
- **Coos Health and Wellness**
Public Health Clinic
281 LaClair Street, Coos Bay
(541) 751-2400
- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151
- **Waterfall Community Health Center**
1890 Waite Street, North Bend
(541) 756-6232

Alcohol & Drug Use

Drinking or using drugs during pregnancy **increases the chance of miscarriage** as well as the risk of having a baby with physical and emotional problems.

Alcohol

- There is **no safe amount** of alcohol use during pregnancy.
- Alcohol passes to the baby through the umbilical cord.
- Alcohol use can cause miscarriage, stillbirth, and physical, behavioral and intellectual disabilities in your baby.

Marijuana

- Marijuana use during pregnancy can be harmful to your baby's health.
- The chemicals in marijuana, THC (tetrahydrocannabinol) in particular, can pass through your body to your growing baby, and can harm their development.
- THC in any form – including lotions applied to skin, smoking, vaping, dabbing, and edible and drinkable products may be unhealthy for your baby.

BREASTFEEDING AND MARIJUANA:

- THC can be passed to your baby through breast milk.*
- THC is stored in fat, which means your baby could still be exposed even after you stop using marijuana.

*Data on the effects of marijuana through breast milk is limited. To lessen potential risk to infant, breastfeeding people should avoid marijuana use.

Other Drug Use

- Drugs can increase the risk of birth defects.
- Drug use during pregnancy can make learning hard for your child and can make it harder for your child to pay attention.

Alcohol and Drug Community Resources

- **ADAPT of Oregon**
www.adaptoregon.org
400 Virginia, Suite 201, North Bend
(541) 751-0357
- **Coos County Correctional Treatment Center**
1975 McPherson, North Bend
(541) 756-2020 ext. 551
- **Spirit Star Solutions**
email: spiritstar.4us@gmail.com
351 Anderson, Coos Bay
(541) 297-1288



Smoking & Vaping/E-Cigarettes

Smoking can be **harmful** to you and your baby.

- Smoking while pregnant can cause premature birth.
- Smoking while pregnant can increase your risk of miscarriage.
- Smoking can also cause your baby to be born at a low weight for its age.
- Smoking during and after pregnancy increases the risk of Sudden Infant Death Syndrome (SIDS).
- Smoking can increase the risk of having a baby born with birth defects including cleft lip or cleft palate.

Is it safe to vape or use e-cigarettes during pregnancy?

- No. Vaping or using an e-cigarette is harmful to you and your baby, and can damage your baby's brain and lungs.*

Second Hand Smoke

- Secondhand smoke is smoke from burning tobacco products and smoke that has been exhaled or breathed out by the person smoking.
- Pregnant parents who are exposed to second hand smoke are more likely to have babies that are born at a lower weight than parents who were not exposed.
- Babies who are exposed to other peoples smoke are more likely to have ear infections and frequent asthma attacks.
- Babies exposed to secondhand smoke are more likely to die from Sudden Infant Death Syndrome (SIDS).

* Centers for Disease Control. (2019). E-cigarettes and Pregnancy. Retrieved from <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/substance-abuse/e-cigarettes-pregnancy.htm>



Third Hand Smoke*

- Third hand smoke is the left over tobacco that is left behind on things after a cigarette is put out.
- Third hand smoke can be stuck to hair, clothes, car seats, furniture, carpet and other surfaces.
- Babies and children can be harmed because they breathe in the chemicals when they crawl on the floor, sit in cars or are held by adults that smoke.

What can I do to protect my baby?

- The only way to fully protect yourself and your baby is through 100% smoke-free environments.
- Ways to help protect yourself and your family include:
 - ◆ Keeping your home and car smoke-free
 - ◆ Smoking outside
 - ◆ Asking others not to smoke around you or your children
 - ◆ Choosing smoke-free businesses
 - ◆ Teaching your children to stay away from smoke
 - ◆ Changing clothes after you smoke

* American Academy of Pediatrics. (n.d.). Dangers from Thirdhand Smoke. Retrieved from <http://www2.aap.org/richmondcenter/DangerFromThirdhandSmoke.htmlx>

Quit Smoking

The **best time to quit smoking is now!**

Quitting tobacco is a gift to you and your baby.

If you're in your first three to four months of pregnancy, quitting smoking can lower your baby's chances of being born too soon, too small, and having health problems.

Even if you're nearing the end of your pregnancy, quitting now gives your unborn baby more oxygen to grow and develop. This helps your baby have a healthier start in life.

After quitting, you will feel better and have more energy — something every new parent appreciates! Quitting now is also a great way to live a longer and healthier life and be able to fully enjoy your children, your grandchildren, and your retirement.

How much can you save by quitting?

By quitting a pack-a-day habit, you could save*

- \$6.14 in one day
- \$43 in one week
- \$190 in one month
- \$2,241 in one year

*U.S. Census Bureau. (2018). Orzechowski and Walker, The Tax Burden on Tobacco, and media reports. Retrieved from <https://www.tobaccofreekids.org/assets/factsheets/0337.pdf>



Three steps you can take on your own

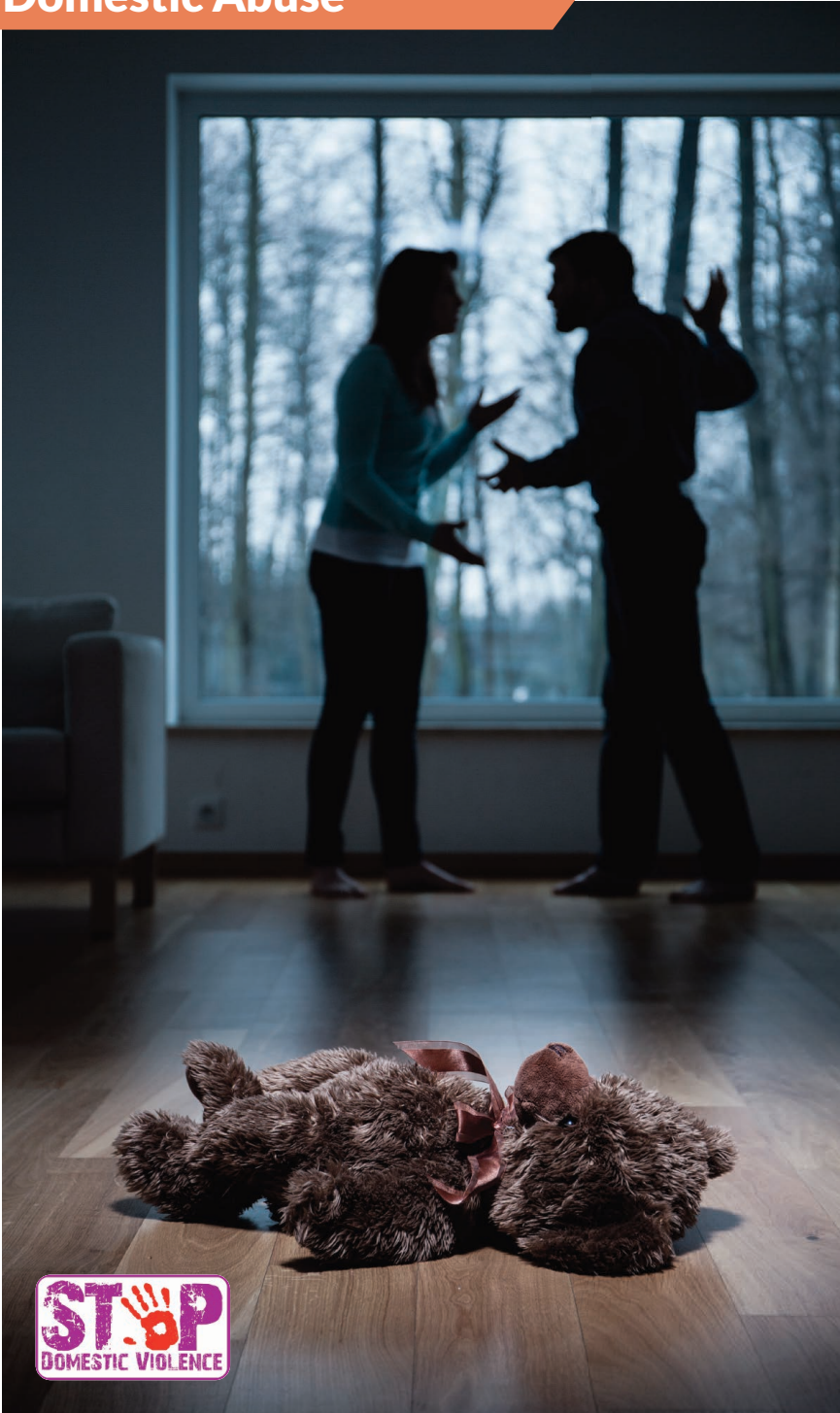
The first few days are the hardest. Stick with it! Remember, the urge to smoke will pass in 3 to 5 minutes, whether you smoke or not. Here are three ideas to help you succeed:

- Write down all your reasons for quitting.
- Create a list of healthy alternatives to smoking. Make a plan to substitute a healthy behavior in place of smoking.
- Try taking some deep breaths, walk around the block, call a friend, drink water, chew gum, find something to keep your hands busy, or check out one of the resources listed below.

Quit Smoking Resources

- **Bay Area Hospital Stop Tobacco Use Clinic**
Call (541) 269-8076 for information & class schedule
Free day & evening classes available, classes located at:
BAH Community Health Education Center (CHEC)
3950 Sherman Avenue, North Bend
- **Nicotine Anonymous:**
(541) 808-2302 or (541) 271-4609
- **Oregon Tobacco Quit Line**
1-800-QUIT NOW (1-800-784-8669)
Spanish: 1-877-2NO-FUME (1-877-266-3683)
or text "READY" to 200-400
www.quitnow.net/oregon/
- **Stay Quit Moms**
www.momsquit.com

Domestic Abuse



There are **four types** of Intimate Partner Violence (Domestic Abuse).

- **Physical violence** or using physical force causing harm or injury.
- **Sexual violence** including sex or sexual contact of any kind that there was not consent for.
- **Stalking** or unwanted attention or contact that causes fear for one's safety.
- **Psychological aggression** or verbal and non-verbal aggressive communication with the intent to harm somebody.

Domestic violence impacts 1 in 3 women and 1 in 4 men.

More than half of trans people* experience some form of intimate partner violence. Rates are higher for trans women and trans people of color.

If you experience ANY type of violence or threat of violence please reach out and get help.

*<https://vawnet.org/material/2015-us-transgender-survey-report>

Domestic Abuse Community Resources

- **The National Domestic Violence Hotline**
1-800-799-7233
1-800-787-3224 (TTY)
- **The SAFE Project**
1681 Newmark Ave
Coos Bay
541-756-7000 or
1-888-193-5612
- **Trans Lifeline**
www.translifeline.org
1-877-565-8860
- **Love is Respect Hotline**
1-866-331-99474 (24/7)
or Text "loveis" 22522
- **The Anti-Violence Project Bilingual Hotline**
212-714-1124

Birth Control



Condom



Female condom



Oral contraception



Hormonal ring



IUD



Contraceptive injection



Surgical sterilization



Implant



Coitus interruptus



Calendar rhythm method



Contraceptive patch



Diaphragm / cap

Birth control is a method or device used to **prevent pregnancy.**

Birth control is important to help prevent pregnancy. It is important if you do not intend to become pregnant to choose a method that is right for you and that you use correctly and consistently. There are many different forms of birth control including not permanent and permanent.

Condoms should always be used to help prevent the risk of sexually transmitted infections (STIs).

Plan B or the morning after pill should be taken orally as soon as possible within 72 hours after unprotected sex. The sooner it is taken the more effective it is. Plan B does not work if you are already pregnant. Plan B should not be used as a regular form of contraception or a main method of birth control. Plan B does not protect you against STIs.*

*US Food and Drug Administration. (2009, July). Plan B One-Step (Levonorgestrel) Tablet. Retrieved from https://www.accessdata.fda.gov/drugsatfda_docs/label/2009/021998lbl.pdf

Where Can I Get Birth Control?

- **Bay Clinic**
1750 Thompson Rd, Coos Bay
(541) 269-0333
- **Coast Community Health Center**
1010 1st St SE #110, Bandon
(541) 347-2529
- **Coos Health and Wellness**
Public Health Clinic
281 LaClair Street, Coos Bay
(541) 751-2400
- **Marshfield School-Based Health Center**
826 S 11th Street, Coos Bay
(541) 756-6232
- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151
- **Waterfall Community Health Center**
1890 Waite Street, North Bend
(541) 756-6232

Birth Control

How Well Does Birth Control Work?






Really, really well

		
The Implant (Nexplanon)	IUD (Skyla)	IUD (Mirena)
Works, hassle-free, for up to...	3 years	3 years
		5 years





O.K.

	
The Pill	The Patch
For it to work best, use it...	Every. Single. Day.
	Every week



Not as well

	
Pulling Out	Fertility Awareness
For each of these methods to work, you or your partner have to use it every s...	

What is your chance of getting pregnant?

IUD (Mirena)
3 years

IUD (ParaGard)
12 years

Sterilization, for men and women
Forever

No hormones

Less than 1 in 100 women

The Ring
Every month

The Shot (Depo-Provera)
Every 3 months

6-9 in 100 women, depending on method

Diaphragm
Every single time you have sex.

Condoms, for men or women

Needed for STD protection!

Use with any other method

12-24 in 100 women, depending on method

FYI, without birth control, over 90 in 100 young women get pregnant in a year.

the UCSF School of Medicine Bixby Center and Bedsider is licensed as Commons Attribution - NonCommercial - NoDeriv 3.0 Unported License.

Community Resources

Alcohol and Drug Resources

- **ADAPT of Oregon**
www.adaptoregon.org
400 Virginia, Suite 201, North Bend
(541) 751-0357
*Alcohol, Drug Abuse, Prevention and Treatment Services
on the Southern Coast*
- **Bay Area First Step**
www.bayareafirststep.org
1942 Sheridan Ave, North Bend
(541) 756-3111
- **Coos County Correctional Treatment Center**
www.co.coos.or.us/cooscorr/
1975 McPherson, North Bend
(541) 751-2461
- **Spirit Star Solutions**
351 Anderson, Coos Bay
spiritstar.4us@gmail.com
Carolyn Billman, Ed.M., CADCIII
(541) 297-1288
- **Narcotics Anonymous/
Alcoholics Anonymous**
(541) 267-0273

Daycare

- **211 info**
Dial 2-1-1 and listen for the parenting option.
<http://211info.org/search-resources/>

Dental Care Providers

BANDON

- **Advantage Dental Clinic**
1275 Oregon Ave, Bandon
(541) 837-1399
- **James R. Surface, DDS**
1275 Oregon Ave SE
- **Bandon Coastal Dental**
1097 Baltimore Ave SE
(541) 329-0550
- **Bandon Family Dental Care**
725 2nd St SE
(541) 347-4461
- **Sharen C. Strong, DMD**
155 Delaware Ave SE
(541) 347-5555

COQUILLE/MYRTLE POINT

- **Advantage Dental Clinic**
913 A Street, Myrtle Point
(541) 837-1522
- **Doug Day, DDS**
52 N Collier St
(541) 396-5555
- **Pahls Family Dentistry**
346 N Central St
(541) 396-2242

Community Resources

COOS BAY/NORTH BEND

- **Advantage Dental Clinic:**
215 Curtis Ave, Coos Bay
(541) 837-1421

2157 Broadway Ave, North Bend
(541) 837-1530
- **Charles W. Korando, DDS**
833 Anderson Ave # 6
(541) 269-9950
- **Dennis R. Brown, DDS**
1885 Waite St # B
(541) 756-4311
- **Lori Lemire Family Dentistry**
470 Highland Ave
(541) 267-6425
- **O'Bryan Advanced Dentistry**
1957 Thompson Rd
(541) 756-1117
- **Sixto Contreras Jr, DMD**
1835 Ocean Blvd SE
(541) 269-5321
- **South Coast Family Dentistry**
1250 Thompson Rd
(541) 982-2175
- **Ted J. Terry, DDS**
470 Highland Ave
(541) 267-6673
- **Fisher Dental**
328 S 2nd St
(541) 269-2100
- **Dr. Tom Holt Family Dentistry**
199 N 9th St
(541) 267-4314

Obstetrics and Gynecology (OB/GYN)

- **Bay Clinic**
1750 Thompson Rd, Coos Bay
(541) 269-0333
- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151

Pediatricians

- **Bay Clinic**
1750 Thompson Rd, Coos Bay
(541) 269-0333
- **Coast Community Health Center**
1010 1st St SE #110, Bandon
(541) 347-2529
- **Dr. Mike and Friends Pediatrics**
1957 Thompson Rd, Coos Bay
(541) 267-2020
- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151

Community Resources

Pregnancy Care and After Delivery Community Resources

- **Bay Clinic**
1750 Thompson Rd., Coos Bay
(541) 269-0333
- **Coast Community Health Center**
1010 1st St SE #110, Bandon
(541) 347-2529
- **Coos Health and Wellness**
Public Health Clinic
281 LaClair Street, Coos Bay
(541) 751-2400
- **The Lactation Club**
(541) 266-6705
*The Lactation Club meets last Thursday of every month at
Coos Health & Wellness*
Breastfeeding Education Session
10:30-11:15am, 4:30-5:15pm
Breastfeeding Support Group
11:15am-Noon, 5:15-6pm
- **Marshfield School-Based Health Center**
826 S 11th Street, Coos Bay
(541) 756-6232
- **MOMS Program (Management of Maternity Services)**
1775 Thompson Rd, Coos Bay
(541) 269-8111
*Services are free of charge and include: Prenatal class
registration, healthy pregnancy information and support,
information about birthing options, after-baby follow-up visit
and breastfeeding support.*

- **North Bend Medical Center**
1900 Woodland Dr, Coos Bay
(541) 267-5151
- **Waterfall Community Health Center**
1890 Waite Street, North Bend
(541) 756-6232
- **Women, Infant and Children (WIC)**
Coos Health and Wellness
281 LaClair Street, Coos Bay
(541) 266-6705
Services include; nutrition education, healthy foods, breastfeeding support, and referral services.

Quit Smoking Resources

- **Bay Area Hospital Stop Tobacco Use Clinic**
Day Classes: Noon to 1pm
March, May, July, Sept, and Nov.

Evening Classes: 5:30 to 6:30pm
Feb, April, June, Aug, Oct, and Dec.

Location:
BAH Community Health Education Center (CHEC)
3950 Sherman Avenue, North Bend
Cost: Free
(541) 269-8076
- **Oregon Tobacco Quit Line**
1-800-QUIT NOW (1-800-784-8669)
Spanish: 1-877-2NO-FUME (1-877-266-3683)

Funding provided through a grant from the Coos County Community Advisory Council of Western Oregon Advanced Health.



THANK YOU TO OUR CONTRIBUTORS

- 211 Info
- Advantage Dental
- Bay Clinic
- Coos Health and Wellness Public Health
- Coos County Community Health Improvement Plan Coalition: Prenatal Care Subcommittee
- North Bend Medical Center
- Oregon Health and Science University School of Nursing
- Western Oregon Advanced Health